

# Fleet and Family Support Center

**(301) 342-4911**  
<http://nas.nawcad.navy.mil/ffsc>

## NAVAL AIR STATION

21993 Bundy Road  
 Unit 2090  
 Patuxent River  
 Maryland  
 20670-1132

DSN: 342-4911  
 FAX: (301) 342-4802

## HOURS

Monday–Thursday  
 7:30 a.m. - 5:00 p.m.

Fridays  
 7:30 a.m. - 4:30 p.m.



Reservations  
 are  
 Necessary!!!



SUN	MON	TUES	WED	THU	FRI	SAT
	<b>1</b> Cholesterol Watch 9:30-11 a.m. Base Tour for Community 1-2 p.m. Marketing Yourself for a Second Career 1-4 p.m.	<b>2</b> Thrift Savings Plan Brief (TSP) 10-11:30 a.m. Reading Federal Job Announcements: 10:30 a.m.-noon Surviving The Holidays Financially 1-2:30 p.m. Active Parenting of Teens (Session 5 of 6): 2-3 p.m.	<b>3</b> Holiday Stress 11 a.m.-noon Anger Management 2-3 p.m. Relationship Enhancement 6-7:30 p.m.	<b>4</b> What You Need to Know About Applying with Resumix 9:30 a.m.-noon Play Group 10-11:30 a.m.	<b>5</b>	<b>6</b>
Transition Assistance Program (TAP) December 1 thru 4 from 8 a.m. to 4 p.m.						
<b>7</b>	<b>8</b> Crafts and Conversation 11 a.m.-1 p.m. Myers-Briggs Part 1 of 2 2:30-4:30 p.m.	<b>9</b> Active Parenting of Teens (Session 6 of 6) 2-3 p.m. Prenatal Series: How Baby Grows: 2-3 p.m. Humor, Risk and Change 3-5 p.m. Ombudsman Assembly Meeting 7-9 p.m.	<b>10</b> Career Assessment 9-11 a.m. Holiday Stress: 11 a.m.-noon Anger Management: 2-3 p.m. Relationship Enhancement 6-7:30 p.m.	<b>11</b> 10 Steps to a Federal Job 9 a.m.- noon Play Group 10-11:30 a.m. Who Moved My Cheese? 2-4 p.m.	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Cholesterol Watch 1:30-3 p.m. Myers-Briggs Part 2 of 2 2:30-4:30 p.m.	<b>16</b>	<b>17</b> Welcome to Pax 9 a.m.-noon Holiday Stress 11 a.m.-noon Anger Management 2-3 p.m. Relationship Enhancement 6-7:30 p.m.	<b>18</b> Play Group 10-11:30 a.m.	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Christmas Day	<b>26</b>	<b>27</b>
<b>28</b> 	<b>29</b>	<b>30</b> Fitting In For Kids 3:30-5 p.m.	<b>31</b> New Year's Eve Day			

**THE FFSC IS ALWAYS LOOKING FOR  
 A FEW GOOD VOLUNTEERS.**

If interested please make contact at (301) 342-4911

